

Wayside

Wayside House Annual Report 2011



**Wayside
House, Inc.**

Wayside House: Empowering women to recover sobriety, identity, home, family, and community by providing treatment, housing, and supportive services.

www.waysidehouse.org

Building a Strong Foundation for Recovery

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”

– Anatole France (French poet 1844-1924)

Wayside House believes in the power of recovery and that the women who cross our threshold each day are worthwhile women who deserve to be loved, respected, and sober.

We have always believed in the strength of families and that it is possible to heal from the devastating effects of addiction. We believe in the resiliency of children and that one of the best protective factors in their lives can be having a sober mom.

We have a commitment to provide the highest quality care to our women and their families. That includes anticipating the needs of those we serve, knowing the difference between progress and change, and looking toward the future without forgetting the lessons of our past. This year we focused on building a strong foundation of community support, partners, and services, as well as strengthening relationships to prepare for changes on the horizon with health care reform and the Affordable Health Care Act.

Wayside House’s holistic approach combines gender specific treatment with integrated mental health and substance abuse services, trauma informed care, and wellness through exercise, nutrition, acupuncture, massage, and meditation. It also includes the long-term community support of permanent supportive housing, recovery coaching, community partnerships for employment, and in-home parenting for families.

We thank you for your continued support of Wayside House and our families as we work with you to build a strong foundation for recovery.

Ellie Skelton
Executive Director

Ellie Skelton

Normandy Hamilton
Board President

Normandy Hamilton



Current Wayside House Executive Team

Ellie Skelton, Executive Director
Cheryl Davidson, Director of Recovery Services
Kristi Olson, Director of Finance and Administration
Michaelene Spence, Director of Clinical Services
Heather Wolfgram, Director of Development
Jessie Everts, Director of Mental Health Services
Natalie Kostroski, Recovery Services Manager
Antonia Eberhart, Women’s Treatment Clinical Manager
Sesany Fennie-Jones, Family Treatment Clinical Manager
Sonita King, Supportive Housing and Mainstreet Program Manager

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Our Mission

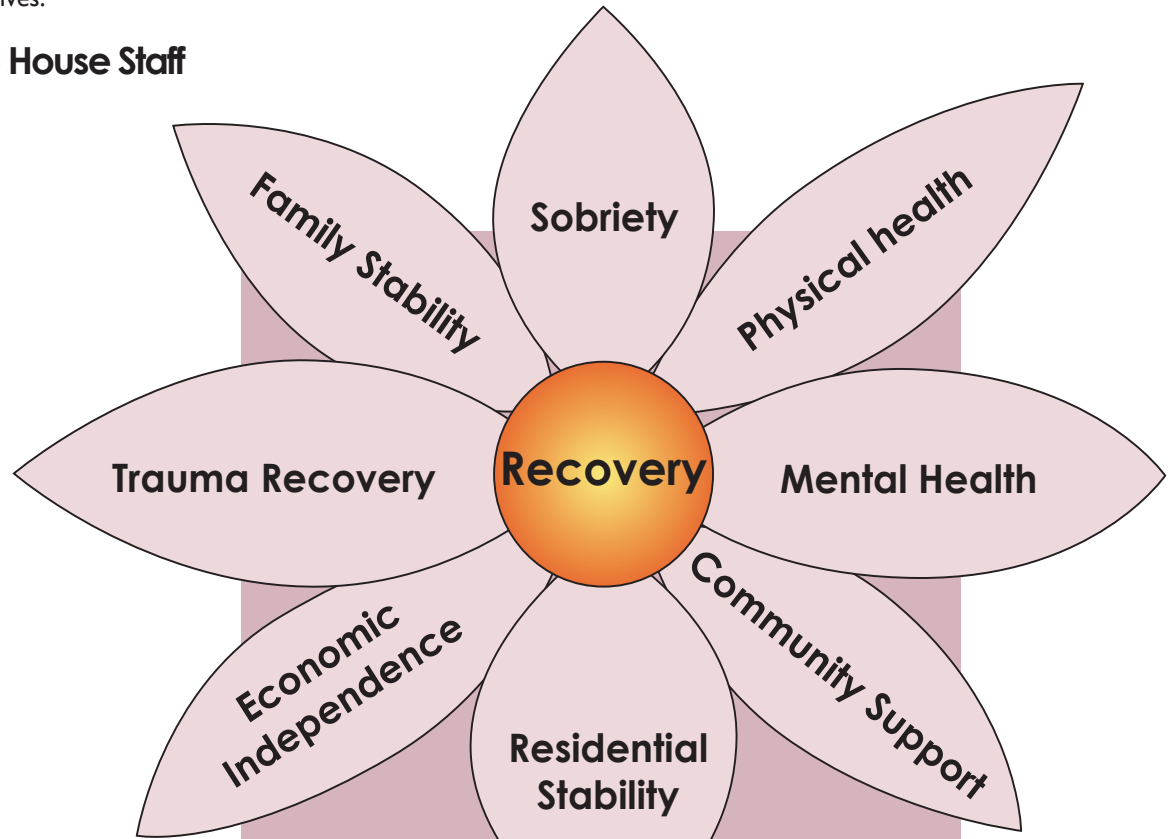
The mission of Wayside House, Inc. is to empower women to recover sobriety, identity, home, family, and community by providing treatment, housing, and supportive services.

Our Vision

Our vision is that Wayside creates healing communities in which women with substance abuse and mental illness recover to achieve successful and satisfying lives.

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Tamara Collins
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2011 Mission Award



Each year Wayside House honors an individual whose work and commitment has helped further Wayside House's mission. In 2011 we celebrated the work of DJ Leary. DJ was a long-time board member of Wayside House, serving from 1975 to 1986 and again from 1989 to 1998. He provided leadership and passion during his long tenure on the board. DJ said of his board service, "It was the most important thing in my life." DJ often went beyond the call of duty and recalled helping Mary Hartman, Wayside's former Executive Director, with conducting an intervention to help a young woman get into treatment. DJ was a leader in introducing others to Wayside House and bringing new supporters along to further Wayside's mission. We are grateful to DJ Leary and are honored to recognize his work and contribution to Wayside House's mission.

D. J. Leary is a former political and public affairs media consultant. He retired in 2005 from a life that included co-publishing a political newsletter for nearly a quarter of a century, being involved as a counselor in such wide-ranging community controversies as the building of the Humphrey Metrodome, the 1987 attempted takeover of the then Dayton Hudson Corporation, and the State of Minnesota's multi-billion-dollar lawsuit against the tobacco industry. He was a long-time media adviser to the late Vice President and Senator Hubert H. Humphrey, as well as consultant to major Democratic candidates in three presidential elections and innumerable candidates for local, state, and federal offices throughout the country during the 1960s and 70s. DJ has served over ten years as a member of the Minnesota State Fair Board.

Past Wayside House Mission award winners have included: Judge Kevin Burke, Linda Berglin, Louise Winter, Senator Amy Klobuchar, Mary Thorpe Mease, Sister Rita Corcoran, and the Patrick and Aimee Butler Family Foundation.

Wayside Programs

Wayside Women's Treatment Center provides residential (inpatient) and nonresidential (outpatient) substance abuse and mental health treatment, housing, recovery maintenance, and supportive services. This structured co-occurring program provides education, lectures, family support, counseling, adult education classes, exercise, and wellness services to promote holistic recovery. Wayside House provides gender-specific services such as trauma-informed care and spirituality classes to meet the mental and physical health needs of women and their families.

Wayside House Family Treatment provides comprehensive residential family treatment for women and their children up to age 11. This program allows mothers to live with their children in a safe treatment environment. Family treatment provides gender & culturally specific, trauma informed, co-occurring substance abuse and mental health treatment to support whole family recovery. This program produces positive well-being outcomes for children, youth and their families, with particular attention to addressing the trauma experienced by children.

Wayside House Supportive Housing is a safe, affordable housing option for women who are seriously committed to sobriety. Located in St. Louis Park, the building contains 18 two-bedroom and 2 three-bedroom units. On-site services include case management, children's services, and crisis assistance.

The Main Street Collaborative (a partnership between Wayside House and Perspectives, Inc.) is dedicated to formerly homeless mothers and their children. The program provides outreach, education, mental health services and substance-abuse treatment services.

Recovery Services and Celebrating Families!™ Recovery services helps women and families to focus on recovery by assisting them with basic living needs and housing referrals. Recovery Services assists each woman with finding safe supportive housing and resources to make that transition successful. Their newest program, *Celebrating Families!™* is a 16-week program designed to help the whole family heal. This evidenced-based curriculum is sponsored by the National Association for Children of Alcoholics, a national model for family recovery.



Wayside House Scattered Site and Transitional Housing Collaborations

Securing safe, sober, affordable housing is a critical step in sobriety maintenance for women in recovery. Wayside House understands how essential it is that women and their families have safe, sober places to go once they complete treatment. To address this significant, ever-growing community need, we have created several partnerships with community foundations and organizations to provide permanent, supportive and transitional housing for Wayside women and their families. Here are some great examples of these partnerships:

Permanent Supportive Housing

The *Wilson Family Foundation Collaboration* is one of Wayside's oldest partnerships. The goal of this initiative, located in South Minneapolis, is to provide safe, affordable, sober housing for single women in recovery. Under this agreement, each party (the Wilson Family Foundation, Wayside House, and the client) pays a portion of the rent. Clients meet with a Wayside House Case Manager each week to work on their household budgets and to receive employment and recovery support. This partnership provides Wayside women approximately three to six studio or 1-bedroom apartments (depending on availability) as long as the women stay active in Wayside's nonresidential or recovery maintenance program and remain sober. This program is best suited for tenants who plan to be employed or are employed and self-sufficient.

The *Project for Pride in Living Collaboration* is one of Wayside's newest partnerships. Beginning in 2012, Project for Pride in Living, a multifaceted human service organization, and Wayside House teamed up to provide a combination of six studio and 1-bedroom apartments for homeless women eligible for General Assistance or Group Residential Housing (GRH) subsidies. (GRH is subsidized housing for people with identified disabilities such as chemical dependency or mental health issues.) Wayside women living in these units, located at Louisiana Court in St. Louis Park, are required to meet with a Wayside Recovery Coach or Case Manager once per month and have the option of participating in onsite computer classes, employment services, etc., provided by Project for Pride in Living.

Wayside Transitional Housing

The *Simpson/Wayside House Collaborative* is a partnership between Simpson Housing, a leader in providing housing and services to homeless individuals and families in the Twin Cities Metro, and Wayside House. It is designed to help women with dependent children reunify with their families more quickly after treatment when they have not yet secured permanent housing. Simpson Housing uses its relationships with landlords in the community to provide temporary rental units for Wayside families. The units are affordable because the family, Simpson Housing, and Wayside House each pay a portion of the rent. The average stay for families in these units, located across the Twin Cities Metro, is approximately four months. Families participating in this initiative must remain sober and stay involved in Wayside's non-residential or recovery maintenance program.



Hanna - 31

Hanna said she knew she was an alcoholic for a long time before she sought treatment. She attended her first AA meeting at age 15, but as she says, "Sobriety really never stuck." Her addiction grew, and as an adult she experienced two successful treatment episodes and a handful of relapses by the time she came to Wayside House. "Until then," she said, "the consequences didn't outweigh the power of alcoholism." Hanna was actively drinking, had lost her job and her home, had no money, and was very disconnected to her family. She stated that at this point in her life, "Part of me wanted to drink myself to death."

In 2011, Hanna got an email from Child Protection, and it served as her wake-up call regarding the seriousness of her situation. She asked for help and was placed at Wayside House. She spent 90 days in Wayside's Women's Treatment Center and currently lives at Perspectives, Inc. Hanna said of Wayside House, "Everyone who works there played a huge role in supporting me. I felt as though every woman was validated. When I entered the program, I carried so much shame. People there listened and helped me feel like I wasn't alone and that I wasn't the monster I thought I was."

Hanna shared that her 90 days at Wayside was what she needed at the time. She appreciated the structure of the program and felt as though all of the staff, not just her counselor, cared and were willing to help. Hanna also appreciated that Wayside helped her with all aspects of her life, such as obtaining her driver's license and social security card, helping her develop better parenting skills, and managing her mental health, in addition to treating her addiction.

Hanna says she is still very young in her sobriety but is optimistic about her future. She has a part-time job that she loves, attends AA meetings, continues to work with her sponsor, is working toward

full-time placement with her daughter, and maintains improved relationships with her family. Hanna says there have been "lots of little stepping stones to get where I am now, but they have all been worth it." She also shared, "I am looking forward to facing life as the woman I want to show up as. I'm looking forward to life's simple things, like taking my daughter to the park to fly a kite, or going camping. I appreciate the serenity in life."

"Everyone who works there [Wayside House] played a huge role in supporting me."

Horse Coaching with Wayside Women

Meet Boomer, a 14-year-old quarter horse gelding, who is one of Wayside House's star volunteers. Boomer has lived a life similar to many of Wayside's women: used and abused, never knowing his full potential. Boomer was one of those horses that people would say, "Be careful around that one."

James Bean and his wife Catherine adopted Boomer in 2006, and since then, Boomer has truly proven himself to be a gentle soul. Since his adoption, Boomer has become a horse coach and is able to share his unique talents with others. James learned of Wayside House in 2009 when he attended the spring fundraising breakfast. He was so touched by the stories of courage and hope he heard from the alumnae who spoke, that in addition to making a financial donation, he and Boomer volunteered to do horse coaching with Wayside House clients.

The concept of horse coaching is simple. Horses, unlike humans, have no agenda. They respond to people in a very honest way based on what they observe and sense about the person. Through this behavior the horse serves as a mirror by offering direct and immediate feedback in response to each individual's interactions with the horse.

Each horse coaching session begins by building a relationship with the horse. This often starts with grooming. Women are then instructed to think about an issue, concern, or challenge they want to work on for the session such as increasing self-esteem, relapse prevention, building and/or healing relationships. They then lead the horse through an obstacle (e.g. take horse for a walk, lead horse over a jump) and receive feedback from the horse on their behavior, demeanor, and attitude during the activity. For example, if the person isn't "present" or is thinking about other things while taking the horse for a walk, the horse will respond by being aloof and indifferent. The horse instinctively knows what to do to help the person, whether it means taking the lead, being obstinate, or "hugging" her.

Horse coaching with Boomer has been the highlight of many women's stay at Wayside House. Trisha (featured in the picture) was kind enough to share her experiences with Boomer.



Trisha



Maureen

Dear Jim,
Thank you so very much for having me at your farm. That day will be with me for the rest of my life. I had been feeling like I had hit a plateau in my recovery until that day. I hadn't been having anymore self discovery moments, which was really frustrating for me. So with an open mind and an open heart I found myself at your doorstep. It's difficult for me to explain what my experience was. Even my journaling doesn't give it justice. It was powerful, it was moving, it was thought provoking. It gave me inspiration & hope. I completely appreciate the encouragement & reassurance you gave me. Do you remember when you asked me what I wanted to do? I said I wanted to help someone? And you led me through the exercise with Boomer to walk over the obstacle that I could help him with because I've been through it too. Well there's a new girl here who I'm sort of mentoring, just showing her the ropes really. I found her crying last night & when she told me why, it was

exactly what I had in my mind when I helped Boomer over the obstacle. And I told her 'with time, it'll be okay'. Isn't that cool, Jim? I put something out to the universe & I received. Anyway's, being in treatment & being sober has brought so much joy into my life. You & Boomer will always be a part of that. So thanks again, Jim. You rock.
Sincerely,
Trisha

Guardians of Wayside:**Gifts of \$10,000 +**

Anonymous
Otto Bremer Foundation
Patrick & Aimee Butler Family Foundation
RJW Foundation
Target Foundation

Stewards of Wayside:**Gifts of \$1,000 - \$9,999**

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Double Tree
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Eden Avenue Grill
Ellie Skelton and Tony Thomas
Emily Harris-Green
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Facies Mears Park
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Franklin Street Bakery
Gary and Peggy Egeberg
Get In Shape for Women
Ginger Hop
Grace Temple Ministries
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Gretchen Stedman
Guthrie Theater
Half Priced Books
Hancock Fabrics
Hazel's
Heather Wolfgarm
Hell's Kitchen
Hillary's Gifts

Hoigaard's
Hope for the City
Iverson's Imports
Jan Berscheid
Jax Cafe
Jeanne Schur
Jen and Marcus Boog
Jenny O'Malley
Jenji Silverman
Jerry's Foods
Jill Ruone/City Looks Salon
Ridgedale
Jim O'Toole
Joan Lakedon
Joe's Garage
John Dawson
Julie Barnes
Jungle Theater
Kathleen Forschen
Kay Stoebe
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Kristi Olson
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Leah Bailey
Linda Finberg
Lisa Kermede
Lunds/Byerly's
Luther Brookdale Honda
Lynette Spence
Mall of America (Pond Fund)
Marlin and Phyllis Spangrud
Medtronic-Neuromodulation HR
Meg McMonigal
Michaelene Spence
Michelle Osborne
Minde Frederick
MindWear
Minnesota Doll Friends
Minnesota Monthly
Minnesota State Fair
Minnesota Swarm Lacrosse
Minnesota Timberwolves and Lynx
Minnesota Twins Community Relations
Minnesota Vikings
Minnesota Wild
Minnesota Historical Society
Minnesota History Theater
Miriam Goldfein
Monkey Bridge Arts
Mueller Therapeutic Massage and Palates
Mystic Lake Casino & Hotel
Nancy McIntosh
Old Chicago
Old Log Theater
Olive Garden
Once Upon a Child
Pacifier
Padelford Riverboats
Pam Burg
Panera Bread
Papa Murphy's
Paradise Charter Cruises
Park Tavern
Pentair Foundation
Pete and Natalie Kostroski
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Rebecca Serres
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FaciliTech
Family Means/Consumer Credit Counseling
Family Supportive Housing Provider Group
Greater Twin Cities United Way
Help Enable Alcoholics and Addicts Receive Treatment (H.E.A.R.T., Inc.)
Hennepin County Human Services & Public Health Division
Hennepin County Drug Court
Hennepin County Substance Abuse Treatment Providers
Hennepin County Acute Psychiatric Unit & Community Outreach for Psychiatric Emergencies (COPE)
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Lampain Consulting
Laura Rogers
Lindsay Nielsen
Lisa Lounsbury
Lois Bickford
MAP for Nonprofits
Minnesota Association of Resources for Recovery and Chemical Health (MARRCH)
Minnesota Council of Nonprofits (MCN)
Minnesota Homeless Connect
Minnesota Housing and Finance Association (MHFA)
Minnesota Network for Families and Recovery though Education, Support, and Healing (MN FRESH)
Minnesota Organization on Fetal Alcohol Syndrome (MOFAS)
Minnesota Recovery Connection (MRC)
Minnesota Women's Consortium
National Alliance to End Homelessness
National Association for Children of Alcoholics
National Association of Addiction Treatment Providers (NAATP)
National Center on Family Homelessness
NIATX
Park Nicollet Blaisdell Clinic
Perspectives, Inc.
Planned Parenthood
Prairielands Addiction Technology Transfer Center (ATTC)
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United Way Caring Connection/ Volunteer Match
University of Minnesota Extension
Wayside House Alumnae Association
Wells Fargo
Westwood Lutheran Church
Wilson Realty
Women for Sobriety

2011 Outcomes

Total Served 534 Individuals (407 women and 127 children)

Wayside House Women's Treatment Center

226 Women served

110 Women completed employment readiness programs

83 Women were assisted with housing through the Recovery Services program

136 Women completed basic skills assessments in math and reading

- 39 (29%) tested at or above the ninth grade
- 97 (71%) tested below the ninth grade

226 Women were provided individual program and clinical services by on-site licensed staff 24/7

Wayside House Family Treatment Center

54 Women and 68 Children served

14 Women who completed the program found safe housing.

24 Children attended school regularly (18 early childhood and preschool, 8 to public school)

16 Eligible clients reunified with their children

Wayside House Supportive Housing

38 Women and 59 Children served

100% of families received case management and supportive services for their children, including on-site advocacy

84% of clients maintained sobriety while in the program

14 women attended school or a continuing educational program
9 attended college and one attended ESL classes

76% maintained their housing for over 1 year.

Main Street Collaborative

89 Women served

75% of women maintained sobriety while in the program

70% of clients successfully completed treatment services

90% of clients reported they were satisfied with the treatment services they received



THE WAYSIDE HOUSE, INC. AND SUBSIDIARY CONSOLIDATED STATEMENT OF FINANCIAL POSITION

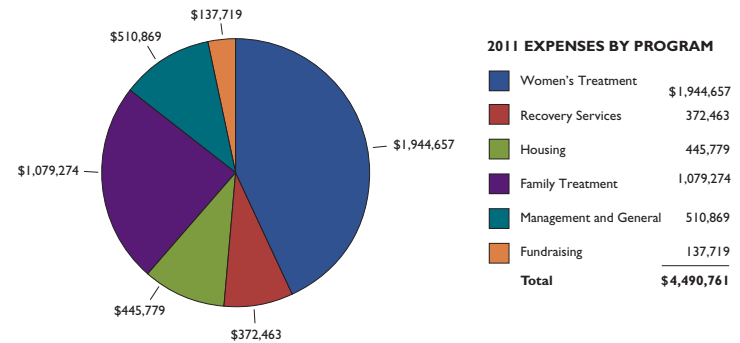
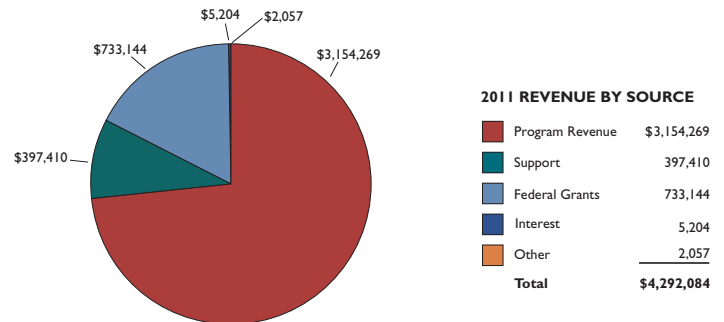
December 31, 2011, with Comparative Totals for 2010 Assets

ASSETS	2011	2010
CURRENT ASSETS		
Cash and cash equivalents		
Cash	\$ 341,761	\$ 425,575
Designated operating and capital cash	\$ 350,379	\$ 450,432
Total cash and cash equivalents	\$ 692,140	\$ 876,007
Short term investments	\$ 30,594	\$ 30,418
Accounts receivable, net	\$ 426,344	\$ 282,756
Contributions and grants receivable	\$ 170,722	\$ 131,860
Prepaid expenses and other assets	\$ 128,207	\$ 96,309
TOTAL CURRENT ASSETS	\$ 1,448,007	\$ 1,417,350
Property and equipment, net	\$ 3,295,083	\$ 3,480,047
TOTAL ASSETS	\$ 4,743,090	\$ 4,897,397

LIABILITIES AND NET ASSETS	2011	2010
CURRENT LIABILITIES		
Current maturities of long-term debt		
	\$ 445,438	\$ 14,961
Accounts payable	\$ 100,339	\$ 94,248
Accrued expenses	\$ 125,611	\$ 113,084
Deferred revenue	\$ -	\$ 33,900
TOTAL CURRENT LIABILITIES	\$ 671,388	\$ 256,193

LONG-TERM LIABILITIES	2011	2010
Long-term debt	\$ 636,617	\$ 1,041,567
Deferred loan agreements	\$ 484,819	\$ 450,694
TOTAL LONG-TERM LIABILITIES	\$ 1,121,436	\$ 1,492,261
TOTAL LIABILITIES	\$ 1,792,824	\$ 1,748,454

NET ASSETS	2011	2010
Unrestricted	\$ 1,300,553	\$ 1,460,099
Temporarily restricted	\$ 1,627,489	\$ 1,666,620
Permanently restricted	\$ 22,224	\$ 22,224
TOTAL NET ASSETS	\$ 2,950,266	\$ 3,148,943
TOTAL LIABILITIES AND NET ASSETS	\$ 4,743,090	\$ 4,897,397



2011 Tributes, Honorariums, and Memorials

In honor of Ann Marie Robinson

Pamela Quirk Becker

In honor of Cedar Thomas's birthday

Kyla Ware Cromer

In honor of Doris Van Hout

Lisa and Thomas Larson

In honor of Ellie Skelton's birthday

David Adams Julie Horns

Darla Farmer Susan E. Richards Welna

In honor of Regina Richardson

Michael Metzler

In memory of Henry and Betty Albrecht

Martha Albrecht

In honor of Ms. Lucy Haugh

Letta Wren Page

In memory of Margaret Litfin Claessens

Virginia Claessens McDonald and William McDonald

In memory of Marian Halpern

Thomas B. Halpern

In memory of Marjorie Crosby

Henry and Nancy Brantingham

In memory of Mary and Tom Monahan

Vanessa Monahan-Rial

In honor of Mike Drazie's birthday

John Blockstone CarrieLea Johnson

Kate Berg Hanson Jim Drazie

Jolene Forman Kevin Gilbertson

John Shaffstall Hanna Lynch

Ellie Skelton Anonymous

In honor of Nancy Nelson McIntosh

James Fragola

In honor of Pamela Brown and all the great work that she and everyone else does

Michael Brown

In memory of S. Hamilton

Lawrence and Mary McIntrye

In memory of Scott Mulberg

Mollie and Sidney Fletcher

On behalf of Jana Mjor

CenterPoint Energy

Wayside

Wayside House Annual Report 2011

Save the Date for the Wayside House Fall Gala

"She who has hope, has everything"

Friday, October 5th, 2012

Metropolitan Ballroom
5418 Wayzata Boulevard
Minneapolis, MN 55416

Featuring:

Dinner and Silent Auction

Emcee: Beth McDonough – KSTP (Channel 5), Investigative Reporter

Musical Entertainment by local Jazz Musician Thomasina

Live Auction and Direct Giving Moment by:

Fladeboe Auctions

To purchase tickets or tables please visit: www.waysidehouse.org



Wayside House, Inc.

www.waysidehouse.org
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St. Louis Park, MN 55416
952-926-5626